



NATIONAL

WOMEN'S

HISTORY MONTH

Women working in factories began staging protests regarding working conditions in New York during 1957. Women kept fighting for recognition and their contributions. Thus Congress established Women's History Week in 1981. By 1987, Congress extended this to the entire month of March.

Some people believe there should be a federal holiday that honors women and their contributions. A few members of Congress agree but they want to select only one woman.

Make it a class project to nominate a woman you think is important to have named for a federal holiday.

[http://
www.educationworld.com/
a_special/
women_history_lesson_plan.sh
tml](http://www.educationworld.com/a_special/women_history_lesson_plan.shtml).



Women Inspiring Innovation, Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics

Strength, the power of being strong, durability, solidity, endurance, ability to maintain an intellectual position, an asset. All these are definitions of a woman and what women of all ethnicity did for our country.

WOMAN THAT MADE AN IMPACT



DEBORAH SAMPSON

Disguising herself as a man, she enlisted as her deceased brother Robert Shurliff. It is a fascinating story of her 17 months in the Continental Army during the American Revolutionary War. Her battle injuries, a visit with President Washington and her honorable discharge in 1783.



GLORY OF THE MORNING

The first woman ever described in written history of Wisconsin. At the age of 18 she was chosen chief of the Hocak (Winnebago) nation. She was responsible for bringing the fur trade to the French and English settlers. One of her sons signed the first peace treaty with the U.S. in 1816.



CLARE DRISCOLL

You have seen Tiffany lamps and the beautiful artistic design of precision cut colored glass? Clara was the director of the Tiffany Studios' Woman Glass Cutting Department (Tiffany Girls) in New York. It was here that she designed the famous lamps that so many thought Louis Comfort Tiffany had created.



MARIAN ANDERSON

Marian was a renowned opera and concert singer. As the first African American to sing at the Metropolitan Opera, Marian was known for an extraordinary contralto voice world wide.

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COURTESY OF RECLAIMING YOUTH

THE FACES OF TRAUMA

MARK FREADO

READ ENTIRE ARTICLE AT [HTTP://WWW.RECLAIMING.COM/CONTENT/NODE/316](http://www.reclaiming.com/content/node/316)

The faces of trauma look back at us with many expressions. Some stare at us with an empty gaze, numb to the pain and living in a psychologically self-imposed isolation. At the other end of the continuum of expression are those who lunge at us with angry eyes and faces contorted in rage. They experience pain differently and fight back with a vengeance.

Still others live in fear. Their expressions present with apprehension and anticipation of impending pain. Then there are those who present as if all is well, having learned to make the best of their circumstances even as traumatic patterns continue and/or remain unhealed. All of them are hyper-vigilant for signs of danger and resort to well-practiced reactions.

We see them because they come to us or are sent to us for help, hope, and healing.

We have a responsibility to learn how to respond in a variety of ways that help them be safe, build trust, and take risks to become stronger and enhance their own sense of well-being.

We have to be careful when we talk about providing trauma-informed care. We have to be careful that we can deliver on the promise rather than just mimic the popular language in the field today. The stakes are too high for traumatized young people for

anything other than the full commitment of organizations to build capacity for understanding, skillful intervention, effective supervision and leadership integrity.

A decade ago it was estimated that 1.5 million children experienced abuse or maltreatment. About 500,000 of them were seriously injured, evidenced by loss of consciousness, broken bones or severe burns. Fifteen hundred of those children died (Cicchetti, 2000). More recent information about child maltreatment and abuse is even more disturbing. As of 2010, it is reported that nearly 6 million children in the United States were victims of abuse or neglect. Among industrialized countries in the world, children in America die at a rate of five per day (an average of one child nearly every five hours). Such a dramatic increase over a decade could reasonably be considered an epidemic (Administration on Children, Youth and Families, Children's Bureau, 2011). All of that is related to reported cases of child abuse or neglect and does not take in to account the unreported cases or the incidence of children being traumatized by indirect means such as witnessing violence in their homes or communities.

The mission of Reclaiming Youth International is to bring training and consultation services of the highest quality to public and private child, youth and family serving organizations throughout the world. We're very proud to announce our latest partnership with Howard Bath, Children's Commissioner for the Northern Territory of Australia, and Diana Boswell, Senior Associate of the Thomas Wright Institute, Kingston, Australia to offer training in working with traumatized children and youth. The Three Pillars™ of TraumaWise™ Care is a model that presents important knowledge from the rapidly expanding area of the study of trauma, developmental trauma and neurodevelopment.

Examining varying types of trauma exposure and experience of children and youth, Three Pillars training presents sound strategies for responding that are based on current knowledge and sound practices. I will have the opportunity to present [The Three Pillars of TraumaWise Care](#) in our [Vancouver Island Seminars](#) April 27 & 28, 2013 at the Harbour Towers Hotel in Victoria, British Columbia. We hope you'll plan to join us there for this training, a Circle of Courage workshop day with Martin Brokenleg, or the other training offerings available in that event. Best wishes for the peace that comes from knowing that we're doing the very best we can for the children, youth and families who look to us for help.



Your school Our education

COURTESY CNN SCHOOL OF THOUGHT

WHAT'S IN THE WAY OF YOUR EDUCATION?

VISIT THEIR WEBSITE: [HTTP://
SCHOOLSOFTHOUGHT.BLOGS.CNN.COM/2013/01/23/TELL-
YOUR-STORY-WHATS-IN-THE-WAY-OF-YOUR-EDUCATION/](http://SCHOOLSOFTHOUGHT.BLOGS.CNN.COM/2013/01/23/TELL-YOUR-STORY-WHATS-IN-THE-WAY-OF-YOUR-EDUCATION/)

From CNN: We know education can change the world-but all over the world, even in the place you live, there are obstacles in the way of girls making that happen.

What the trailer Girl Rising (<http://10x10act.org/girl-rising/>), where nine girls from nine different countries pursue their education. The remaining 2013, CNN will visit them and tell their stories, their triumphs and their struggles.

What's your story? [We invite you to share your personal experience about a challenge you faced in getting an education](#), or to interview a daughter, sister, mother, grandmother - any girl or woman in your community - about her biggest challenge, and how she overcame it.

Sign into [CNN iReport](#), record a video or write about the experience and include an original photo. Your story could be featured on CNN.com.

"In far too many communities, the children who need the most help get the least – get the least experienced, the least qualified. There are very few incentives to bring our greatest talent to where it's needed the most," Secretary of Education Arne Duncan



COURTESY CNN SCHOOL OF THOUGHT

TO CLOSE ACHIEVEMENT GAP, FUND SCHOOLS BY NEED, NOT ZIP CODE

SALLY HOLLAND, CNN

VISIT THEIR WEBSITE: [HTTP://
SCHOOLSOFTHOUGHT.BLOGS.CNN.COM/2013/02/19/REPORT-
TO-CLOSE-ACHIEVEMENT-GAP-FUND-SCHOOLS-BY-NEED-NOT
-ZIP-CODE/](http://SCHOOLSOFTHOUGHT.BLOGS.CNN.COM/2013/02/19/REPORT-TO-CLOSE-ACHIEVEMENT-GAP-FUND-SCHOOLS-BY-NEED-NOT-ZIP-CODE/)

Article Highlights

Report related by the congressional-mandated education committee found:

- Primary source of funding for public schools is local property taxes. Schools in high poverty area, property taxes tend to be low, means less for the school.
- Disparities in per pupil costs.
- Report lists financial recommendations for the federal government and state directives.
- Report recommends increasing selectivity of teacher hires and holding training programs for producing effective teachers; creating grants for school and increasing parent engagement.



WOMEN'S HISTORY MONTH

American Women in Uniform

<http://userpages.aug.com/captbarb>

Do your students know that more than 2 million U.S. women are veterans of the Armed Forces? Women have served in every armed conflict involving the United States -- including the Revolutionary War. Captain Barbara A. Wilson, an Air Force retiree, has put together this exhaustive resource of women in the military from the American Revolution to the present. In addition to the historical information, the site includes pages of trivia, posters, and stamps, as well as a 'Women Warriors Quiz.' Just watch out for editorializing by Captain Critical, "whose pontificating will try to amuse, bemuse, irritate and generally annoy" you at this comprehensive and engrossing site. http://www.educationworld.com/a_sites/sites009.shtml

My Mother's War

<http://www.murphsplace.com/mother/main.html>

Helen Burrey was one of the first three nurses assigned to American Expeditionary Forces hospital trains during World War I. This poignant and heart-warming pictorial history, created by her daughter, tells the story of Burrey's service -- and the story of the war. The site presents excerpts from diary entries and a scrapbook of mementos that includes official documents, letters, patriotic stickers, medals, newspaper clippings, and photographs. Because a few of the photographs depict graphic images of the war, this site is most appropriate for older students. http://www.educationworld.com/a_sites/sites009.shtml

Civil War Women

<http://scriptorium.lib.duke.edu/collections/civil-war-women.html>

The Special Collections Library at Duke University maintains this archive of the papers of Rose O'Neal Greenhow, Alice Williamson, and Sarah E. Thompson. The scanned images and transcripts present a picture of the lives of women during the American Civil War, revealing not only the vital role women played in the war but also the personal characteristics of those heroic women. Students will discover, for example, that Thompson was a successful spy who helped the Union capture a Confederate general! Additional resources from this and other sites help round out this well-done set of primary sources. http://www.educationworld.com/a_sites/sites009.shtml

Women of the American Civil War

<http://americancivilwar.com/women/women.html>

This site provides information on such notable women as Harriet Beecher Stowe, Clara Barton, and Mary Todd Lincoln. http://www.educationworld.com/a_sites/sites009.shtml

What Did You Do in the War, Grandma?

http://www.stg.brown.edu/projects/WWII_Women/tocCS.html

Linda Wood, a librarian at South Kingstown High School in Rhode Island, presents this unique project. Ninth graders interviewed Rhode

Education Resources

Resources are for the classroom, school or family.



Island women who lived during World War II. The more than two dozen accounts that resulted are both moving and fascinating. They provide an intimate look at the mood and events of the time. Some remarkable young storytellers reveal some remarkable women. Don't miss a word! http://www.educationworld.com/a_sites/sites009.shtml

Native Daughters Magazine and Curriculum

<http://www.education.ne.gov/mce>

Native American women that have impacted Nebraska. Full curriculum guides for grades 1-12.

Native American Public Telecommunication (NAPT)

<http://www.nativetelecom.org/>

Hundreds of media options from listening to viewing. Sift through recordings of Native American women and their vision, listen to their stories, view their struggles and accomplishments.

Additional Suggested Activities:

- Make timelines and milestones
- Read biographies of influential women
- Research:
 - Women on postage stamps (now create your own postage stamp)
 - Women as engineers
 - Women inventors
 - Famous Women Rulers
 - First Ladies (state and US Government)

Additional resources page 5



Education Resources continue



KAY ORR

First female (and only) to serve as Governor for the State of Nebraska. Her office was held from 1987-1991.



MILDRED BROWN

Moved to Omaha and with her husband Edward Gilbert, created the *Omaha Star*, a weekly newspaper in 1938. The *Star* was one of the most successful weekly black newspapers in the country. She played a key role in breaking down discrimination in Omaha.



DEB FISHER

Nebraska's first female elected to the U.S. Senate in 2012.



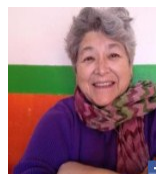
1986

Two females ran for Governor of Nebraska. Kay Orr and Helen Boosalis.



SALLY GORDON

Sergeant-at-Arms for the Nebraska Legislature, Honored as 2010 American's "Outstanding Oldest Worker" (101 years of age). The capital was not even built when Sally was born.



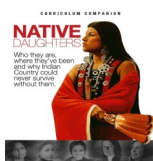
CECILIA OLIVERES-HUERTA

As former director of the Mexican-Commission in Nebraska, Cecilia was instrumental in researching Mexican immigrants who came to work in Western Nebraska. She fought and received public recognition for their safety, laws and cultural



EVA KELLY BOWRING

First Nebraska woman to serve in Congress. She was appointed by Governor Crosby in 1954. Eva was also the president of the prominent cattleman's association.



NATIVE DAUGHTERS

In Nebraska, who they are, where they've been and why Indian Country could never survive without them.

<http://www.education.ne.gov/mce/Guide.html>

Nebraska's Who Who ♀



GRACE ABBOT

Served on several committees and for the cause of child welfare and immigrants from 1908-1917. Pioneered the process of incorporating sociological data relating to child labor. Was first woman nominated but not confirmed to the U.S. President's Cabinet. Wrote part of the Social Security Act.

ALSO GOOGLE

Marj Marlette
Wilma Crumley
Bess Furman Armstrong
Harriet S. Brooks
Susan LaFleshe
Susette LaFleshe
Virginia Smith



Survey of kindergarten through fourth grade teachers concluded that 10% of their students fall asleep during class.

We have all done it, deprived ourselves from sleep. And we all know how it affects us the next day. Yes the bobble head routine where you catch yourself before the forehead meets the desk.

1 in 10 6-to-8-year-olds have problems

The European Journal of Pediatrics published an article as a result of a survey taken. They found one in ten children between the ages of six and eight have sleep-disordered breathing problems.

Breathing problems can vary from mild snoring to sleep apnea. In adults this can be related to excess body fat but this is not found to be true with youth.

Research showed lack of proper sleep can be disruptive the next day by producing hyperactivity, behavior and learning difficulties.

Parents are encouraged to have their child checked for dental, tonsil and facial structure if they believe their child has a potential sleep disorder.



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Set a pattern in early years to ensure school age youth get the 9 to 12 hours required each night. Ages 5 through 9, it is suggested 11 hours.

Guidelines if they fall asleep within 15 to 30 minutes; can wake easily and remain awake and alert during the day, they are getting a restful night.

Youth Risk Behavior Surveillance System Results Grades 9-12 (public and private schools)

	Black	Hispanic	White
Drove when under the influence of alcohol one or more times	5.9%	9.7%	8.0%
Texted or emailed while driving at once a day for 30 days	24.1%	30.9%	36.2%
Bullied on school property within the last 12 months	11.7%	17.6%	22.9%
Electronically bullied within the last 12 months (texts, social media etc.)	8.9%	13.6%	18.65
Seriously considered attempting suicide within the last 12 months	13.2%	16.7%	15.5%
Tried cigarette smoking	39.1%	48.6%	44.2%
Had one drink of alcohol on at least 1 day during a 30 day period prior to survey	30.5%	42.3%	40.3%
Took prescription drugs one or more times without a doctor's prescription	14.7%	19.4%	22.9%
Threatened or injured with a weapon on school property one or more times	10.3%	9.3%	6.3%
Had property stolen or deliberately damaged on school property (car, clothing, books)	27.3%	30.7%	24.0%
Physically active at least 60 minutes per day for less than 7 days	74.0%	73.5%	69.6%

Building Your Professional Community

Conferences, workshops, and meetings



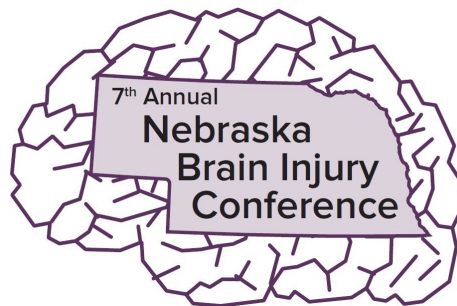
June 11-12

Sunrise Middle School -Kearney NE

<http://nmla.shutterfly.com/>

Registration is OPEN

PRINCIPALS are FREE with 2 paid teacher registrations



April 4-5, 2013

Younes Conference Center, Kearney NE

Deadline: March 27

[http://www.education.ne.gov/documents/](http://www.education.ne.gov/documents/BrainInjuryConference2013.pdf)

[BrainInjuryConference2013.pdf](http://www.education.ne.gov/documents/BrainInjuryConference2013.pdf)

TEACHER GRANTS/FELLOWSHIPS

Earthwatch Institute: Fellowships

The Earthwatch Institute offers educators fully-funded fellowships for hands-on learning with leading scientists doing field research and conservation on one of over 100 projects around the world. Maximum award: fully-funded fellowship. Eligibility: elementary, middle, and high school educators and administrators of any discipline. Deadline: two weeks after educator-interest application is submitted; ultimate deadline May 1, 2013. <http://www.earthwatch.org/aboutus/education/edopp/>

CLASSROOM/SCHOOL

Pathways Within Roads to Reading

The Pathways Within Roads to Reading Initiative donates books to literacy programs in small and rural low-income communities. Maximum award: 200 books appropriate for readers age 0 to young adult; English only. Eligibility: 501(c)(3) organizations that run school, after-school, summer, community, day-care, and library reading and literacy programs; must have an annual operating budget of less than \$95,000 (schools and libraries are exempt from this budget requirement) and be located in an underserved community with a population of less than 50,000. Deadline: March 30, 2013.

http://www.pwirtr.org/annual_donation_prog.html



Grant/Fellowships and Funding Opportunities



"Why I Want To Go To College" **Essay Contest**

By:

Name: _____
Address: _____
City, State ZIP: _____
Phone Number: (____) _____
School: _____
Congressional District: _____



The Omaha Royals
1201 1st Street
Omaha, NE 68102
402-733-1000
www.royals.com

Program Trustee
Nebraska State Treasurer
Katie Johnston, State Capital
PO Box 9436
Lincoln, NE 68509-0436
(402) 471-2415
www.treasurer.org

☐ Yes, I am interested in learning more about the Nebraska College Savings Plans

Nebraska State Treasurer's Office. **7th & 8th Graders**

(winner of college savings bond)

Get the information at

<http://www.treasurer.org/cs/essayContest.asp>

Students Only Zone

Workshops, learning experiences,
scholarships



NEBRASKA COMMISSION ON INDIAN AFFAIRS

2013 CHIEF STANDING BEAR SCHOLARSHIP

2013 MCDONALDS CHIEF STANDING BEAR ESSAY CONTEST



VISIT THEIR WEBSITE: [HTTP://WWW.INDIANAFFAIRS.STATE.NE.US/](http://WWW.INDIANAFFAIRS.STATE.NE.US/)

YOU CAN ALSO DOWNLOAD INFORMATION AT OUR WEBSITE

[HTTP://WWW.EDUCATION.NE.GOV/MCE](http://WWW.EDUCATION.NE.GOV/MCE)



Everyone,
youth, parents,
educators, this
site is GREAT,
especially for
middle and high
school students.

WESTOPHATE

Like 18k DOT ORG

HOME ABOUT VIDEOS MERCH BUZZ LOVE YOURSELF CLUBS AUSTIN GET INVOLVED

GET INVOLVED

WATCH SOME VIDEOS

WRITE A LETTER

WEAR A WRISTBAND

MAKE EACH DAY YOUR MASTERPIECE

HELP US END cyberbullying

(CLICK HERE TO VISIT) BULLYBUTTON.ORG

LATEST VIDEO

f

Twitter

YouTube



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